

**MINDFUL ART EXPERIENCE X
AFGHANISATAN
FUNDRAISING TO SUPPORT AFGHAN WOMEN**



As you know, the Taliban are back in power in Afghanistan.

Millions of Afghans have fled this new regime of terror and thousands of refugees are stranded on the border between Iran and Afghanistan and their borders. Most have lost everything.

For women in Afghanistan, after the arrival of the Taliban, it is very difficult to manage daily life and feed their families. Intellectuals, activists and journalists have lost their jobs, but they have children and families to take care of. Some of these activists also focus on advocacy campaigns to defend equality and give voice to those excluded from their basic rights. They need financial support.

For these Afghans women who have been standing firmly and fighting on the ground for values such freedom, justice and equality, your support give them strength and hope. Therefore, we feel obliged to stand with them and organize an **online live event** and a **Crowdfunding** to celebrate the beauty of Afghanistan and the togetherness.

WHAT & WHEN

We organize a **fundraising** and an **online event**. (program : Mindful-art.eu)

Mindful ART X Afganistan crowdfunding begins December 6 with original artworks. Artists from around the world are participating in this crowdfunding by donating their artwork.

The event will take place on January 16: a Mindful Art Experience with images by Reza Deghati, the great humanist photographer, and other photographs that celebrate the beauty of Afghanistan. A discussion with Reza and neuroscientist Dr. Pierre Lemarquis on how art can foster empathy, dance and poems.

We are thankful to all of those who are going to help us to spread the news and keep the flame of togetherness alive. Honoring in this way the values we are standing for.

WHAT IS MINDFUL ART EXPERIENCE

Mindful Art Experience is a meditative, poetic and humanistic performance which allows us to be an actor in what we observe, and to be entirely with our senses and emotions.

Mindful Art Experience invites you to feel the humanity that emerges from works of art.

Trough Mindful Art Experience we come closer to experience a piece of art with intensity and serenity. We also come closer to ourselves, and experiment with the universality of the human condition.

HOW THE MONEY WILL BE USED

Journalists, women's Rights and human rights activists, intellectuals are facing danger if they remain inside Afghanistan, and precocity and psychological injury if they are outside.

Transparency is a priority for us. To ensure transparency, we will have a regular report to those who participate in this project financially.

We keep track of the money we receive. We identify these groups will share details about their situation and work concepts and the amount of financial assistance that will be distributed by the monitoring team. We thoroughly check the entire profile with a team of journalists and human rights activists entering Afghan society. Raziya Massoumi Lowyer and human rights activist, journalist Massoud Hosseyni (AFP, AP).

WHO WE ARE

Marjan Abadie Passionate about Art and fond of Sufi poetry, She creates the Mindful Art Experience approach. A meditative approach to each piece of Art with personal and universal angle, with presence, serenity and openness to observe what we "see well only through the heart ". Certified mindfulness based cognitive therapist and supervisor, she is the head if the Institut-Mindfulness.be in Brussels.

This action is supported by

Reza Deghati Humanist Photographer is an Iranian-French photojournalist who works under the name Reza. Over the last three decades, Reza's photographs have been on the covers of National Geographic Magazine. He is also the author of seventeen books, including War+Peace.

Reza's works have been exhibited in major cities throughout the world.

Raziya Masumi: Afghan lawyer and women's rights activist with experience working with civil society organizations in Afghanistan. She has acted as a legal advisor, written extensively on the role of women, and has led advocacy campaigns. Her work focuses on peace-building and bridging communities together to contribute to positive change and healthy societies.

